

Howard Williams

It was with great sadness that I announce the death of Howard Williams.

I have known Howard since 1963; frighteningly that is over 50 years.

Although he ran for Essex in the Inter County '20' and was an ever present, with his brothers, in the Ilford endurance squad his main contribution came in the administration of the sport. For over 30 years he organised the cross-country championships, the road race championships and team managed both the road and cross-country County team. Over and above this he was also county secretary.

When he gave up about 10 years ago, it took a committee to replace him – in fact this is one here tonight.

Outside the County his proudest achievement was to establish and promote the growth of the Metropolitan Cross-Country League – a thriving competition still.

He found time to sit on the CAU and the County Executive Committees. Above all, he continued to run until well into his late sixties.

Throughout this time he was supported by his wife Ann. When Ann was asked how she put up with the time he gave to the sport she said that it was his life – and she wouldn't change it for the world.